



# The National Survey of Children's Health

Overweight and Physical Activity Among Children:  
A Portrait of States and the Nation 2005

## Alabama

All statistics are based on parental reports.

National %	State %	
14.8	16.7	Percent of children who are overweight
21.9	22.3	Age 10-11
14.4	15.7	Age 12-14
10.7	13.7	Age 15-17
22.4	19.8	0-99% Federal poverty level
19.0	19.8	100-199% Federal poverty level
13.7	14.4	200-399% Federal poverty level
9.1	13.5	400% Federal poverty level or more
18.1	20.3	Male
11.5	13.0	Female
		Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week
71.3	77.6	
78.2	88.5	Age 10-11
74.2	79.5	Age 12-14
63.3	66.8	Age 15-17
76.8	82.1	Male
65.6	72.7	Female
		Percent of children who were on a sports team or took sports lessons during the past 12 months
58.6	52.2	
61.5	51.7	Age 10-11
61.6	56.1	Age 12-14
53.4	48.1	Age 15-17
62.1	58.2	Male
55.0	46.0	Female
72.9	71.1	Percent of children with at least one parent who exercises regularly